

# 5 Tips to Boost your Vigor and Feel Stronger!

A person with vigor is someone whose aliveness and spirit are expressed not only in personal productivity and activity, but they infectiously energize those around them as well. In both the physical and mental sense if you have vigor, you will feel stronger, more energetic, and just be a happier person all around. Most of us like our favorite energy boosting drinks like coffee, but this type of energy is not the same as vigor. Vigor is an activated zest for life that comes from a well-balanced lifestyle which infuses a sense of power and strength physically and emotionally.

If you want to have more vigor, there are things you can be intentional about in your daily life. Here are 5 tips that will boost your vigor and help you feel stronger.

## **Breathe –**

Yes, just breathe. Sounds funny doesn't it, but the average person does not engage deep breathing on a regular basis. We breathe all day, every day without a thought. But ask yourself this, "When is the last time I intentionally took deep breaths?" Deep breathing is one of the easiest, most convenient, and natural tools to fight against anxiety and stress. Deep breathing has many other benefits that you may not know about. It reduces pain, can lower high blood pressure, and even helps with digestion. Simply put, more oxygen does wonders for your body and will definitely improve your vigor and help you feel stronger.

## **Drink Water –**

Your body is composed of 65% water, and even mild dehydration can cause significant issues. The American Health Journal suggest that nearly 80% of the population is in a state of

dehydration. This is a chronic matter. Signs of dehydration include muscle aches and fatigue, sleeplessness, headaches, constipation, poor immunity, dizziness, dry mouth, irritability, and confusion just to name some. A good suggestion for staying fully hydrated is to drink at least half your body weight in fluid ounces of water each day. You can also use the color of your urine as a guideline. It should be a very pale yellow like the color of lemonade. Your electrolytes make up your hydration system and they are potassium, magnesium, and sodium. If you are active, sweating a lot, drink alcohol, eat a high sugar diet, you may need to add more water along with added electrolytes. Be sure to seek your doctor's advice.

## **Rest –**

This is easier said than done, but it is key to having more vigor. Sleep doesn't just affect your energy but so much more. Sleep is required for healing, mental function, physical performance, and well-being. When you get a regular good night's sleep, it lowers your risk of heart disease, sickness, obesity, and depression. Next to hydration, sleep is the number one thing you can do for your overall health. The average person needs 7-8 hours of sleep per night and more if you are active or trying to fight off an illness. Good sleep hygiene consists of going to bed around the same time each day and waking up around the same time, and this includes weekends. Sleep can be improved with effort and consistency.

## **Move –**

It sounds contradictory, but activity doesn't zap your energy, it gives you energy. It does so by increasing energy production on a cellular level. Exercise also gives you energy by improving circulation, stabilizing blood sugars, and increasing endorphin and hormone production. Exercise has a positive effect on physical performance, mental health, and self-esteem. All three of these are essential for vigor and

strength. You don't have to run marathons or workout for hours. A brisk walk, a half hour of strength training, a quick swim, or a fun class can do the trick. Little burst of activity throughout the day are a great way to incorporate exercise and get moving.

## **Have fun –**

Life is more than tasks, chores, and a laundry list of things to do. It is so important to ensure that quality time is spent on more enjoyable things. When is the last time you laughed out loud? Research even shows that fun and laughter are the best preventative for long-term diseases. It helps boost creativity, productivity, and balances out things. Science proves that laughter is the best medicine because it lowers cortisol which is a stress hormone. Some doctors believe that stress is the number one killer. Whether the focus of fun is on family time, sports, or reading a good book, having fun will give you more vigor.

When you have more vigor, you will ultimately feel more alive and energetic. Remember, vigor is contagious, and it will increase your field of action. You will be able to go after your goals and dreams wholeheartedly and with enthusiasm, thus making a positive impact on everyone around you.

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